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DEPARTMENT OF EDUCATION  
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STATE SUPERINTENDENT

**FISCAL YEAR 2014  
CHILD AND ADULT CARE FOOD PROGRAM  
OPERATIONAL MEMORANDUM #14**

**TO:** Child and Adult Care Food Program Institutions

**FROM:** Marla J. Moss, Assistant Director  
Office of School Support Services

**DATE:** April 29, 2014

**SUBJECT: Fluid Milk Requirements – A Reminder**

**The Michigan Department of Education (MDE) has found non-compliance with fluid milk requirements while conducting administrative reviews in Fiscal Year (FY) 2014. The following guidance was released in Operational Memoranda #9, dated May 25, 2011, and #28, dated September 27, 2012. This guidance is now reissued as an additional reminder of the fluid milk requirements for participation in the Child and Adult Care Food Program (CACFP).**

The Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, modified requirements for fluid milk and fluid milk substitutions in the CACFP. Section 221 of the Act amended section 17(g) of the Richard B. Russell National School Lunch Act [42 U.S.C. 1766(g)] by requiring fluid milk served in the CACFP be consistent with the most recent version of the Dietary Guidelines for Americans. **Failure to comply with these provisions will result in a disallowance of meals and snacks.**

**Fat-Free and Low-Fat Milk**

The 2010 Dietary Guidelines recommends persons over two years of age consume fat-free (skim) or low-fat (1%) fluid milk. Therefore fluid milk served in CACFP to participants two years of age and older must be: fat-free or low-fat milk, fat-free or low-fat lactose reduced milk, fat-free or low-fat lactose free milk, fat-free or low-fat buttermilk, or fat-free or low-fat acidified milk. Milk served must be pasteurized fluid milk that meets Michigan and local standards and may be flavored or unflavored.

**Whole milk and reduced-fat (2%) milk may not be served to participants over two years of age. Whole milk is recommended for children between age one and two only.**

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Attached is a poster that can be posted in your center as a reminder.

If you have any questions regarding this memorandum, please contact the Child and Adult Care Food Program at 517-373-7391.

Attachment:

[Milk Poster.pdf](#)



Child and Adult Care Food Program (CACFP) Meal Patterns require that fluid milk be served.

- Breast milk or iron-fortified infant formula is recommended for infants from birth through 11 months. Breast milk is the best choice. Infants should not be served cow's milk until they are at least 1 year old.
- Children 1–2 years old should be served whole milk, rather than lowfat or fat-free. Whole milk is recommended for children from 1–2 years old.
- Children 2–8 years old should get 2 cups per day of fat-free or lowfat milk or equivalent milk products. Children over 2 years of age should be encouraged to drink fat-free or lowfat milk.
- Children 9 years of age and older should consume 3 cups per day of fat-free or lowfat milk or equivalent milk products.
- Lowfat and fat-free milk provides just as much calcium as whole milk and less fat and fewer calories.

*Dietary Guidelines for Americans*